

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala | Lunes |
|--------|-------|-----------|---------------------|
| 07:30 | 08:15 | 2 CYCLING | Cycling |
| 08:15 | 08:30 | CROSS-MET | Abdominales |
| 08:30 | 09:20 | 1 | Body Pump |
| 09:15 | 10:00 | 2 CYCLING | Cycling |
| 09:30 | 10:00 | 3 | GAP EXPRESS |
| 09:30 | 10:20 | 1 | Pilates Stretch |
| 10:00 | 10:55 | OUTDOOR | Running Club |
| 10:15 | 10:30 | CROSS-MET | Abdominales |
| 10:30 | 11:50 | 1 | Yoga |
| 11:00 | 11:45 | CROSS-MET | CROSS-MET |
| 11:30 | 12:00 | 3 | HIPOPRESIVOS |
| 12:00 | 12:50 | 1 | Zumba |
| 12:15 | 12:45 | PISCINA | AQUA ESPALDA |
| 14:00 | 14:15 | CROSS-MET | Abdominales |
| 14:00 | 14:50 | 1 | Body Combat |
| 14:15 | 15:00 | 2 CYCLING | Cycling |
| 14:30 | 15:15 | CROSS-MET | CROSS-MET |
| 15:00 | 15:45 | PISCINA | Swimming Club |
| 15:30 | 16:15 | 2 CYCLING | Cycling Virtual |
| 17:00 | 17:30 | CROSS-MET | HYPER STRETCH |
| 17:00 | 17:50 | 1 | Pilates Stretch |
| 17:45 | 18:00 | CROSS-MET | Abdominales |
| 17:45 | 18:30 | RADIKCAL | RADIKCAL EXTREME |
| 17:45 | 18:30 | 2 CYCLING | Cycling |
| 18:00 | 18:45 | 3 | Suspension Training |
| 18:00 | 18:50 | 1 | Aero Latino |
| 18:45 | 19:30 | 2 CYCLING | Cycling |
| 19:00 | 19:50 | 1 | Body Pump |
| 19:30 | 20:15 | CROSS-MET | CROSS-ATHLETICS |
| 19:45 | 20:30 | 2 CYCLING | Cycling |
| 20:00 | 20:30 | 3 | GAP EXPRESS |
| 20:00 | 20:50 | 1 | Body-Balance |
| 20:00 | 20:55 | OUTDOOR | Running Club |
| 20:30 | 21:00 | 3 | Suspension Training |
| 20:30 | 21:15 | CROSS-MET | CROSS-MET |
| 20:45 | 21:30 | 2 CYCLING | Cycling |
| 21:00 | 21:30 | TATAMI | HYPER STRETCH |
| 21:00 | 21:45 | PISCINA | Swimming Club |
| 21:00 | 21:50 | 1 | Body Combat |
| 21:00 | 21:50 | 3 | ESPALDA SANA |

■ Acuáticas
 ■ Alto gasto calórico
 ■ Body-Mind
 ■ Cardiovascular
 ■ Coreografiadas
 ■ Outdoor
 ■ Tonificación Muscular

Puede consultar los horarios en la web o en la app de Metropolitan. <https://clubmetropolitan.com>